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# Pelham NEWS

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■ DSBN

## Budget passes

**DON FRASER**  
QMI Agency Niagara

ST. CATHARINES — District School Board of Niagara trustees bailed what they called a "good news" \$417-million budget they passed unanimously last Monday night.

see BUDGET | page 2

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Elphaba sings



SARAH FERGUSON Staff Photo

Krystyna Augustyn performs as Elphaba and sings Defying Gravity, a song from the musical Wicked during a talent show at St. Ann Catholic Elementary School. Please see page 3 for story and photos.



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# upfront

## ■ BUDGET

## DSBN to spend \$6 million less this year

FROM PAGE 1

They were told despite revenue challenges, the board's financial committee did not have to chop programs. That means the average cost of education per DSBN pupil is expected to be \$11,933.

T his budget, for 2013-14, is about \$6 million less than last year's.

## ■ ART

## Time for artists to sign up for Welland's Culture Day

PelhamNews Staff

WELLAND — The Rose City is teeming with artists and crafty people and the city wants to show them off.

Welland's arts and culture committee is seeking for artists to showcase and demonstrate their talent to the community at this fall's Culture Day.

The event will be held Saturday, Sept. 28, at Welland

"All of the programs we offered last year, we will offer again next year," said trustee and finance committee chair Dalton Clark. "We are cutting nothing, but we have to be more efficient."

That comes in spite of a reduction of about \$10 million in the province, mainly due to declining enrollment in Niagara.

Clark said that was dealt with

through measures such as reduced staffing — especially in secondary schools — and other administrative costs slashed by school shutdowns.

Clark said there will also be

enhancements next school



**All of the programs we offered last year, we will offer again next year."**

Dalton Clark, finance committee chair for the DSBN

year, including extended full-day kindergarten, French immersion and technology training.

The trustee for St. Catharines and Niagara on the Lake also spoke to an ongoing issue —

the board's concern about provincial underfunding in special education.

DSBN said that grant is about 10%, or \$4.6 million, below its funding compared to the average provincial per-

pupil rate. Trustees supported spending \$800,000 above that funding to partly make up for the gap.

"Sooner or later, the province has to deal with this," Clark said the trustee.

"It would mean so much to our students and the DSBN."

Several trustees complimented the committee on a budget that modestly boosts some programs.

"This is a good-news budget," said trustee Alex Bradnam, his sentiment repeated by others.

"It's looking at what we have, and what we're able to

do with what we've got — and also our position, like many boards across the province.

"We're moving in the right direction ... we have no cuts to programs, but have enhancements. And we're moving ahead, despite the \$10-million shortfall

that we have, due to lack of



Bradnam



Community Wellness Complex on Lincoln St.

The committee is looking for artists to demonstrate dance, drama, painting, crafting, beading, knitting, crocheting, welding, woodworking or any other kind of art going on in the area.

Applications are available at the wellness complex or at [www.welland.ca/Forms-Apps.asp](http://www.welland.ca/Forms-Apps.asp).

Many artists have already

signed up for the one-day festival event. Last year the festival spanned three days, but to make it easier for the committee and residents the city has condensed the event.

The application deadline is Sunday, July 28.

For more information contact Welland's arts and culture co-ordinator, Jessica Dulban, at 905-325-1700 ext. 4000 or e-mail [jessica.dulban@welland.ca](mailto:jessica.dulban@welland.ca).

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# tempo

## ■ TALENT SHOW

# St. Ann shows it has talent

SARAH FERGUSON  
PelhamNews Staff

The students of St. Ann Catholic Elementary School showed their peers that they can sing.

For an hour and a half last Tuesday, students from junior kindergarten to Grade 8 showed their singing, dancing and acting skills to parents, grandparents and

friends.

The school's gymnasium was transformed for the school's annual St. Ann Has Talent Show sale organizer and teacher, Maria Tremee.

"The talent show has become a tradition and this year is our 5th annual show," she said.

About 40 children participated in 26 acts which brought laughter and smiles

to those in attendance.

"I'm not surprised by the amount of talent we have at the school, but I am surprised that the students were able to get up in front of a group of people," Tremee said of the students who participated in the talent show.

The show gave students, who aren't necessarily athletic, show off their skills while having fun. The event is

also an end-of-the-year celebration just before summer break, Tremee said.

With the show completed, Tremee said she wanted to express her appreciation to all of the students involved in the show.

"I'd want to tell them 'We're all very proud of you.' The students did such a great job."

[sarah.ferguson@sunmedia.ca](mailto:sarah.ferguson@sunmedia.ca)



SARAH FERGUSON Staff Photo

Pictured from left, Charlie French, Lucas Augustyn, Chris Rusin and Allene Zamora perform a skit about three old men playing a game of Bingo.



SARAH FERGUSON Staff Photo  
Jillian Ciupak performs a tune at St. Ann's talent show.



SARAH FERGUSON Staff Photo

Michael Lille plays the high-hat during the finale of St. Ann's Got Talent.



SARAH FERGUSON Staff Photo

Mia Colangelo performs a song on her pink guitar.

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# Pelham News

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John Tobin

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Sarah Ferguson, REPORTER



## Don't break the bank for a quality hedge

PAT LOCKER

If you like to garden, you probably can't stop yourself from looking at all the pictures of fantastic gardens in the gardening magazine.

They often feature English gardens with their manicured hedges of boxwood surrounding a rose bed or some formal garden. Have you longed for one of these, but found the price of boxwood prohibitive?

In my last week, one shrub was listed at over \$20. If you plant them 12 to 18 inches apart — do the math. However all is not lost.

Buy one healthy shrub to start and get some sharp sand. This is found at a gravel pit not a beach.

Take six-inch cuttings and plant them in the sand. You can use a pot or if you have enough sand make a small place in your garden. Our home was built many years ago, but there was a place where sand was dumped for the stone work. I have grown many plants in it. It is so useful. You can cover these with s-jar or not.

I just stick them in and in a few weeks I have a new plant. If you haven't sand, you can use vermiculite and a pot.

Have you a shrub that you would like to clone? Perhaps you need another or would like to give one away. It is very simple. Just bend a branch over so that you can bury a bit of it under the soil. Place a rock on top of it so that it stays buried. This works well with a vine. I have done this with climbing hydrangea. This is a lovely vine that has large pads of lace cap flowers. Remember to plant it in the shade rather sun. In a few weeks, when you give a tug and find that it has rooted, it can be replanted.

To do you have a favorite rose that you would like to clone?

Roses are easy. You can go with your grandmother's method of cutting off a small piece — no blooms and inserting it in the ground and placing a mason jar over it. It is just about the same today. Take a slip about six inches long — cut on an angle, take off the bottom two leaves. You can dig it a bit of honey or a rooting powder and insert it in a container of vermiculite — or a potting soil and perlite. Cover the container — a top from a bought tea can. Water well. It will take about four to eight weeks.

Quite a few years ago, I attended a rooting clinic at the RBG. I attended it for about four years in a row — not because I needed that much instruction. I went for all the good slips that they gave us. We were given a small plastic greenhouse — about eight by 20 inches. It had vermiculite in it and a paper with some rooting hormone.

see LOCKER | page 5

## comment

### ■ COLUMN

# A meeting of the mindless



IAN  
GILLESPIE

meeting.

I see a lot of nodding heads.

Yeah?

So, obviously we should start saying "yeah" more often. Why? Well, that's what the Ouija board is suggesting or comment with the word "yeah" indicates agreement with a previous idea and is likely to garner approval from those who voiced the idea.

What's that, Monica? ... That's true — "yes" is more polite than "yeah." I don't care. If "yeah" works for the scientists at MIT, then it works for me.

And yeah? (see what I just did there?) These other good words? In fact, the most effective words were "meeting," "start" and "give."

I'm sure some of you think it's strange to use the word "meeting" at a meeting. But the experts say the word "meeting" — as in "Let's deal with that at our next meeting" — is a good way of gently changing

the topic.

What's that, Monica? ... OK. I can appreciate that. But, no, we will not "start" to "give" out Ouija boards to everyone at our daily "meeting." I just to see you're "meeting," not to pay attention.

And yeah, there are bad words, too. Apparently, some of the worst words you can use at a meeting are "bottom" and "middle" and "animals." Plus, "fair" and "flat."

Monica? ... Well, I disagree. I know your Ouija board is "flat" and you think it's not "fair" you can't use it at a "meeting." These bad words are just words, you know, and we need to stop using them.

So please people, until we meet again tomorrow, let's use the right words. Yeah?

Oh. And can somebody wake up Walter?

ian.gillespie@sunmedia.ca

### ■ COLUMN

# Ain't no cure for the summertime flu

MARK BONOKOSKI  
QMI Agency

found, or is perhaps intentionally buried, is the number of federal public service employees who suddenly cash in their accumulated sick days as soon as those schools ring.

The number would likely be astounding.

That number, I suspect, would reach the 100% saturation point if directed exclusively at federal civil servants who have a spouse or partner in the teaching profession where summer heralds in leisure.

Being witness to this whilst once being in Ottawa was a tading exercise in itself.

It came as no surprise, therefore, when Treasury Board President Tony Clement last week finally took aim at the "exceedingly" high rate of absenteeism in the federal public service because, even when witnessed 12 years ago, the abuse was as obvious as today's nose on Clement's face.

The working stiffs look on, sweaty and demoralized.

Now, the statistic that cannot be

taxpayer" said Clement.

The federal public service has an absenteeism rate of 18.2 days a year which, if coincidentally coinciding with weekends, adds another month of "vacation" to an employee's annual leave.

This is 2.5 times the scofflaw rate in the private sector.

What this means, of course, is the taxpayer has a lot of deadbeats and game players mixed in with the legitimately sick.

While federal civil servants can no longer cash in their sick days for a big tax-payer-funded payout when they leave their employer, they will accumulate 15 days of paid sick leave each year to help ensure there are enough days banked to get them through the 13-week wait required for any long-term disability.

According to Clement, however, only 40% of the approximately 375,000 civil servants — whose overall compensation package costs taxpayers \$43 billion a year

— have those 13 weeks of contingency sick leave in the bank.

So where have all those sick days gone? In the other 60% of the civil service?

While it could be argued that younger and/or newer civil servants might not have been in the game long enough to accumulate those 13 weeks, it could also be argued that those very same sick days have more likely been spent at the summer cottage, or on a porch overlooking a white picket fence.

For the record, the Canadian Federation of Independent Business estimated there was a 42% pay gap between federal workers and private-sector employees with comparable jobs when salaries, hours of work, vacations, perks and pensions were placed side-by-side.

So, what's that mean in actual dollars?

see BONOKOSKI | page 16

# Plenty of ideas to fill planters

FROM PAGE 4

They explained what to do. Then we could choose from many different plants that they had "heaps" of. Their plants were new varieties.

I rooted a couple of roses that I still treasure. I think it was called white Swan. It had small white blooms, whose buds were tinged with pink.

It was time for oranges and it bloomed so well I was usually unable to pick enough for a corsage in November.

Are some of your planters looking a bit sparse? If you purchased coleus or impatiens earlier, they may be large

enough for you to slip. It doesn't take long for them to get roots, when put in water and you have more plants to fill up your planters.

Or - look around your flower beds and add something from them. I admired one at the garden tour last year, which had included a variegated sedum in November.

Asparagus can be planted in one. The green leaves will give you height, or even a bit of day lily or iris.

Use your ground cover for a plant to hang over the sides. Creeping Jenny is good for this.

Add a bosta if you are planting in a shady spot.



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Tuesday July 9th 7:30pm- 8:30pm

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more info, contact (905) 892-2607, ext. 329.

Walking Club - Everyone is welcome! July 9<sup>th</sup> and July 11<sup>th</sup>

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10am and Thursdays at Fonthill Bandshell from 9-10:30am. For more information, contact (905) 892-2607 ext. 329.

## Summer Program Registration

Registration for the Aquatics programs and Summer Camps is now open. Details and application forms are available at [www.pelham.ca](http://www.pelham.ca)

## COMMUNITY EVENTS & NEWS

## THE PELHAM POOL IS NOW OPEN!!!

## Public Swim Hours

Weekends: 1-4pm &amp; 6-8pm

Weekdays: 1-4pm (Beginning July 2nd) &amp; 6-8pm

Lane Swim: Weekdays 12-lpm &amp; 5-6pm; Fridays 7-8am

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Adult: \$3.50 (\$50 Season Membership)

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\*Season Memberships May Be Purchased at Pelham Town Hall\*

If interested in renting the Marlene Stewart Streit Park Pool for a private rental, contact the Town of Pelham at 905 892-2607, ext. 347.

((WIFI)) Now Available@ Peace Park in Fonthill

Just in time for summer festivals and events, free Wi-Fi access is now available to Peace Park visitors 24/7. Be sure to check it out when attending Bandshell or taking a stroll through the park!

Pelham Farmers' Market - May 2 until October 24 - Pelham Town Square - June 27 Market Bucks Winner: Marg Edmunds.

2013 marks the 10th year for our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30pm till dusk.

Thursday Night Concerts - June 20 until September 5 - Fonthill Bandshell, Peace Park

Check out the fantastic lineup at [www.fonthillbandshell.com](http://www.fonthillbandshell.com)

JFK at 50: What We Know Now - Friday, July 5 at 7:30 pm - Pelham Public Library

Researcher Randy Owen will speak about information that has come to light over the past 50 years. Are we any closer to finding the truth? Cost is \$5.00. Please register ahead.

Communities in Bloom Committee Presents the 12th Annual Garden Tour, Saturday July 13th, 2013, 10am - 3pm

Do you love gardening? Have a green thumb? Interested in getting some new and different ideas for your property? The Communities in Bloom Committee would like to invite you to the 12th Annual Garden Tour. More than 10 properties will be featured for 2013 throughout Pelham. Refreshments and entertainment will be provided at one of our stops! Interested in being a garden sitter for the event? Please contact 905-892-2607, ext. 341 for details! Tickets are \$10.00.

Pelham Summerfest 2013 - Thursday, July 18 until Sunday, July 21

Friday "Summerfest Open" 4pm-10pm - Art in the Park, Bandshell Concert, Farmers' Market, Beer &amp; Wine Garden in Peace Park

Friday "Family Fun Night" 6pm-9pm - Family Art Walk Like Music, Movie Under the Arches, Beer &amp; Wine Garden

Saturday "Street Festival" 10am-midnight - Kid Zone; Active Zone; Live Music; Art in the Park; Food &amp; Retail Vendors; Beer Pavilion

Sunday "Panache Breakfast &amp; Family Fun Walk" 8am-2pm - Art in the Park; Live Music

For more information, please visit [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca) and come "Chill on the Hill!"

## Pelham Night of Art - Call for Artists

Pelham Night of Art takes place Friday, July 19 from 4pm to 10 pm, and is part of the highly anticipated Pelham Summerfest 2013. All Pelham artists are invited to enter in one of the following categories: Youth Visual Art (8-18 years of age) 1. Assemblage; 2. Drawing; 3. Painting; 4. Photography; 5. Print Making; 6. Sculpture. Performance (All ages- 10 to 30 minute performances)

## NOTICES & REMINDERS

## Join the Communities in Bloom and Canada Day Committees!

Both Town committees are looking for interested members! To join or for more information, contact (905) 892-2607 ext. 341.

Book the Arena Hall or Old Pelham Town Hall for your next function or event!

For more information, contact (905) 892-2607, ext. 347.

List Your Business in the Town of Pelham Recreation, Culture &amp; Wellness Guide

Fill out a business directory information card with the Town of Pelham by visiting Town Hall or contact 905-892-2607, ext. 315.

## Keep Pelham Streets "Lit"

Report any problems you notice with Town streetlights to Public Works at (905) 892-2607, ext. 332. Please remember to provide the pole number for the hydro utility to investigate.

## Reminder for Dog Owners

Please note that in accordance with By-Law 97-2010, dog owners and walkers are required to remove all feces left behind on private or public property. Please remember to be responsible and stoop and scoop!

## Open Air Burning Permit

Please note open air burning requires a permit at a cost of \$20 annually. Pick up yours at Pelham Fire Station #1, 1177 Highway #20 West, Fonthill. For more information, contact (905) 892-3943.

## BBQ Safety Tips

When lighting your propane barbecue, open the lid and strike your match or lighter before turning on the gas. Check cylinder connections and hoses for leaks. Never use or store a propane barbecue indoors or in any enclosed space, including a garage. Keep propane cylinders at least 1.5 meters from any building opening.

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## ■ BANDSHELL

# R&B with classical sounds

For PelhamNews

Get ready for another great night of music during the Thursday Night Concert series.

James Doolin and the Mob is set to perform at the Bandsshell stage July 11.

The band is rare in this day and age: A full-blown R&B review, with a horn section, a line of wickedly talented female backup singers, proper arrangements of classics and a front man with boundless energy, a cutting and soulful voice.



Aaron Boggio  
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**LYME DISEASE: WHAT MAKES IT TICK?**

As temperatures begin to finally rise across southern Ontario after several weeks of gloomy weather, many Niagara residents are eager to bring out their summer wardrobe.

However, it doesn't take long before we quickly remember that along with the summer heat comes the return of mosquitoes, spiders, and ticks. In Ontario, most residents are well informed about the illnesses mosquitoes can spread and ways of protecting yourself. But how informed are we about ticks?

There are many different species of ticks; however, the one that is of concern is the blacklegged tick, also known as the deer tick. This sesame seed sized tick can be the host to the bacteria that can cause Lyme disease, which, if untreated, can result in arthritis, heart problems, and various nervous system problems. The American brown dog tick is approximately half a centimeter and has not been shown to carry Lyme disease.

The Niagara region has a high concentration of ticks, especially in the areas surrounding Lake Erie. The Niagara Health Department recommends wearing pants and long sleeved shirts when walking in wooded areas to minimize the chances of a tick bite.

If you notice a tick has attached to your skin, it should be removed immediately by grabbing the head with a pair of tweezers and pulling straight up. Do not try to burn the tick off of the skin using a match or lighter. The area should be then be washed with soap and water. If you are unable to remove the entire tick, you should give your doctor a call and they can remove it for you. The tick can be brought to the health department for analysis to see if it was infected with the bacteria that causes Lyme disease.

Ticks often pick up the bacteria that cause Lyme disease while feeding on infected rodents. However, it should be noted that most ticks are not carriers.

The majority of people who are bitten by ticks do not develop Lyme disease, however if you notice a red bullseye rash on the skin, develop a fever, headache or muscle and joint pains, you should seek medical attention. The symptoms typically develop within 1 to 2 weeks of a bite. Lyme disease can often be cured with antibiotics if treatment is started early.

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## ■ PUBLIC LIBRARY



VICTORIA GRAY Staff Photo

Fonthill Library Summer program co-ordinator Sarah Andrews puts another child's name on the summer program board on the last day on school.

# No lazy, hazy days at library

SARAH FERGUSON  
PelhamNews Staff

Summer break has just begun and the kids are excited about the lazy days of summer.

When the kids soon grow tired of their days at the beach, there is always plenty of excitement and fun to be had.

Pelham Public Library has lots of activities planned for Pelham youngsters this summer, said children and youth services coordinator Jennifer Bennett.

The TD Summer Reading Club is "a big hit for the kids" and it's free. The idea of the program is to encourage children to continue reading all summer long by rewarding them with stickers, and prizes at the end of the summer.

The program is for all ages and children are welcome to sign up any time at either the Fonthill branch or the Maple Acre branch. Each week, children must report to library staff on the books they have read and they will receive a sticker on the library's Wall of Fame to track

their progress, said Bennett.

At the end of the summer, book club members are invited to a barbecue on Friday, Aug. 16.

"All of them are great," Bennett said of the more than 30 programs offered by the library this summer.

There is a good mix of story times, crafts and a lot of things to do for the older kids."

This summer's programs include Duct Tape Crazy, where children can create things like wallets and flip flops out of duct tape, crafts, scrapbooking sessions and puppeteer Carrie Costello will perform The Paper Bag Princess in July.

All of the programming is affordable at \$4 per child or under and there is always a program for everyone, or in the afternoons to entertain kids, said Bennett.

For more information about Pelham Public Library's program visit [www.pelhamlibrary.on.ca](http://www.pelhamlibrary.on.ca) or call the Fonthill branch 905-892-6443 or the Maple Acre branch a 905-892-5226. All programs require registration.

## ■ FUNDRAISER

## Rotary golf tourney good for skateboarders

PELHAM — Golfers are needed in the links to benefit local skateboarders.

Rotary Club of Fonthill is hosting its annual golf tournament at Lookout Point Golf Course on Monday, July 29. This year's beneficiary will be the Isaac Rehle Skate Park slated to be built at Marlene Stewart Street Park this

year.

Registration for the golf tournament is \$180 a person. The registration cost includes that of a golf cart, 18 holes of golf, lunch, dinner and prizes for golfers. A team of four golfers are required.

Registration will be held from 11 a.m. to 1 p.m. during the day of the tournament. Shotgun start

will be held at 1 p.m.

The annual Rotary tournament has been hosted at Lookout Point Golf Course for more than 20 years.

For more information about the golf tournament send an e-mail to [fonthillrotary@cogeco.ca](mailto:fonthillrotary@cogeco.ca) or call Randy Momot at 905-682-8363.

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## ■ ENTERTAINMENT



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Summerfest committee member Bea Clark, left, accepted a \$2,000 donation from Meridian Credit Union Bank manager John Wink for bouncers in the Kids Zone.

## Summerfest geared up to thrill audiences

For PelhamNews

Once again, the Summerfest Committee has secured a stellar line up of entertainment sure to appeal to a wide variety of tastes. Visitors to this year's Pelham Summerfest will enjoy entertainment ranging from classic rock to top 40 hits to blues, barnhouse, to country and everything in between. All performances will be free of charge. This year the entertainment will take place at three locations throughout downtown Fonthill: The Peace Park Bandsheil, the Art in the Park Stage and the Main Stage on Pelham Street. As well as stage performances, the town will abuzz with street bussers entertaining visitors with an array of magic, balloon art and stilt walking.

The entertainment kicks off Thursday evening (July 18) at the 'Art in the Park' stage with the Peace Park Bandsheil as part of the regular band-sheil concert series. Jim's Piano Men show features the greatest hits from two of the world's best known pianists - Elton John and Billy Joel.

Friday night (July 19), Ivy Coast, an ambient Canadian 5-piece band featuring a combination of old time folk music with an alternative rock sound, will play at the Art in the Park Stage. Sample some local beverages at the Peace Park Wine and Beer Garden. Saturday night features the exhibition 'Art in the Park' and check out Pelham's version of Niagara Nights of Art; all the while, listening to the soulful songs of Ivy Coast. The Summerfest Committee is still accepting applications for musicians and groups looking to entertain on this evening.

The events ramp up on Saturday (July 20th) with entertainment beginning at 10:00 am and taking place on all 3 stages

throughout the day. The Peace Park Bandsheil will be offering up child and family friendly entertainment like interactive heart-pumping fun by Zumbatomic, magic with Mark Furney, bands on displays with amazing creatures courtesy of the Reptile Kingdom and puppet shows staged by Castlemore Theatre. Over at the Art-in-the-Park stage, visitors will be entertained by a variety of acts including a Capella Niagara offering a range of songs from Doo-Wop to Barbershop and from the Beatles to Broadway; Too Much of Jon displaying a unique combination of Rock and raw talent; Mary Lou Minor playing her blend of old-country, Southern rock, folk and blues; Greg Mashinter showcasing his solo acoustic abilities and Kindred, presenting their Celtic folk background. Meanwhile, the Summerfest Main Stage will host a one-of-a-kind show featuring the Folklore Academy and A.M.D. Fest, showcasing Pelham's talented musical youth; interactive fun with onstage zumba; The British Invasion featuring a nostalgic tribute to the music of 1960's British bands; The Saltshakers, one of North America's signature Jimmy Buffet tribute acts; The Madhatters rock-esque quartet offering rich melodies, instruments and larger than life vocals; Flashback Modified, playing classic rock and hot, new country tunes; The Gobblers, the band's own rock and folk-rock cover band; and Sister Act, featuring a range of music from classic rock to Top-40 hits.

Summerfest wraps up on Sunday (July 21st), with performances by two amazing blues bands. Gatorbait and legendary blues performer, Steve Burnside with The Marquis, will entertain visitors during the Pancake Breakfast and throughout the afternoon festivities.

## ■ PROM NIGHT

# Duct tape dress dazzles

SARAH FERGUSON  
Tribune Staff

**WELLAND** — Some people believe duct tape can be used to fix anything.

Well, not that's true. Breton Lalama and Adam Hughes sure proved that duct tape can make some classy formal attire.

The teens from Notre Dame College School spent several caffeine-filled nights crafting a dress and suit using black, red and white duct tape — using about 48 to 50 rolls at \$2 each — to wear to their prom.

By the time they completed

their outfits, the cost to make both was pretty affordable, at somewhere around \$100, said Lalama.

Hughes' suit was the easier of the two outfits to make as the teens covered a pair of pants in duct tape and designed his tie, vest and jacket.

While wearing a T-shirt and a pair of pants, Lalama said her dress literally had to be built around her body. When they finished constructing the dress, Lalama had to be cut out of it, only to be re-taped into the new prom dress.

Hughes said the design of the dress was simple, a tree

with falling leaves.

"We wanted to keep it simple because other people were going with really flamboyant colours. We wanted something people would actually like," he said.

The teens created the attire to enter a contest called Duck brand Stuck at Prom Scholarship Contest, which invites high school students from Canada and the U.S. to use duct tape to create one-of-a-kind formal wear for prom.

Lalama and Betron are one of the top 10 finalists and needs the public to vote for them once a day until the contest closes on July 8.



SARAH FERGUSON Staff Photo  
Breton Lalama and Adam Hughes show the formal attire they designed using duct tape.



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Come Chill on the Hill



July 18, 19, 20 & 21st



**Mayor Dave (right) of the Town of Pelham presents a cheque to Summerfest committee member John Wink. The Town of Pelham, represented by Mayor Dave, is a Diamond Sponsor of Summerfest.**

## HOT SUMMERFEST SPONSORSHIPS AVAILABLE by the Summerfest Committee

It's hard to believe that Pelham's third annual Summerfest is now only two weeks away! The preparation for Summerfest 2013 is well under way and the volunteer committee is in the crucial stages of the planning. The festival, which is set to descend on downtown Fortinhill from July 18 to 21, takes a great deal of dedication and hard work by the volunteer committee to plan and implement, but it also relies heavily on community involvement, including contributions from local and area businesses.

"Summerfest is a coming together of the residents of the community and surrounding population to celebrate the summer and the spirit of Pelham with an essentially free event. The festival offers complimentary entertainment and a wide variety of free activities for the whole family. This year we're expecting over 10,000 people to visit the downtown," said Gary Accursi, Summerfest committee chair and Pelham town councilor. "But, this event is only possible through the generosity of our local and surrounding business community and the citizens of Pelham."

Summerfest organizers are actively recruiting sponsors now. "The earlier a business signs up as a sponsor, the sooner that business will obtain the benefits of being affiliated with Summerfest," Accursi stated. "That includes having their business name and website linked on the Pelham Summerfest website."

Several local and area businesses have already signed on as sponsors and some have committed to participating

in the naming opportunities. This means they have their business name partnered with a specific event taking place during Summerfest. There are numerous event naming opportunities available and are included for those making donations at the Silver, Gold, Platinum and Diamond levels. Naming opportunities include the main stage, entertainment venues, the bike rodeo, the family fun walk, community breakfast and the beer and wine gardens.

"Sponsorship of Summerfest is essential to its success," Accursi said. "That means partnerships with businesses, but it also includes anyone who is interested in assisting in any way they can; whether by volunteering or financially. All residents, business owners and professionals may become a "Friend of Pelham Summerfest" or enroll in the "Corporate Sponsorship Program." Any and all levels of financial contribution will be gratefully accepted and acknowledged on the Summerfest website. Information for becoming a "Friend of Pelham Summerfest" or signing up for the "Corporate Sponsorship Program" including instructions for online donations can be viewed on the Pelham Summerfest website ([www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca)). Contributions can be made securely online using a major credit card or PayPal account. Otherwise, please make your cheque payable to the Town of Pelham and call (905) 892-2607 extension 341 when the cheque is ready for pick-up; sponsorship recognition begins upon receipt of funds or Committee's approval of services in kind.

Visit [PelhamSummerfest.ca](http://PelhamSummerfest.ca)

Advertisorial Feature



**Fonthill Dental is the Platinum Sponsor for Summerfest 2013. This sponsorship includes the fun photo booths on July 20, the live music at the Sunday Pancake Breakfast and the Family Fun Walk on Sunday from 9am to 2pm. Pictured above right to left are: Christine Twardowsky, Amie Rogers, Dr. Louis Albanese, Carla Langenberg and Sarah Krenz. Absent: Jennifer Gordon DD and Stephanie Klok.**

## SUMMERFEST ENTERTAINMENT GEARED UP TO THRILL AUDIENCES by the Summerfest Committee

Once again, the Summerfest Committee has secured a stellar line up of entertainment sure to appeal to a wide variety of tastes. Visitors to the year's Pelham Summerfest will enjoy entertainment ranging from classic rock to top 40 hits, folk tunes, local acts, country, everything in between. And, as the generosity of many local business and community sponsors, all these events can be enjoyed free of charge. This year, the entertainment will take place at three locations throughout downtown Fortinhill: The Peace Park Bandshell, the Art in the Park Stage and the Main Stage on Pelham Street. As well as stage performances, the town will be abuzz with street performers, visiting with an array of magic, balloon art and sift working.

The entertainment kicks off on Thursday evening (July 18th) as Jim Witmer's The Blues Men, descends on the Peace Park Bandshell as part of the regular bandshell concert series. Jim's Piano Man show features the greatest hits from two of the world's best known pianists – Elton John and Billy Joel.

On Friday night (July 19th), Icy Coast, an ambient Canadian 5-piece band featuring a combination of old time folk music with an alternative rock sound, will play at the Art in the Park Stage. Guests, while staying within the free entertainment zone, will be able to visit Pelham's own Hootie Hooties. Hootie Hooties are a local band that has been making Waves of All the while, listened to the soulful songs of Icy Coast. The Summerfest Committee is still accepting applications for musicians and groups looking to entertain on this evening.

The events ramp up on Saturday July 20th with entertainment beginning at 10:00 am and taking place on all 3 stages throughout the day. The Peace Park Bandshell will be offering

up child and family friendly entertainment like interactive, heart-pumping fun by Zumbatonic, magic with Mark Furney, hands on display with amazing creatures courtesy of the Reptile Kingdom and magic shows staged by Castlemont Theatres. Over at the Art in the Park Stage, visitors will be entertained by a variety of musical acts such as A Capital Band, a mix of folk music from Doo-Wop to Barbershop and from the Beatles to Broadway; Too Much! of Jon displaying a unique combination of Rock and raw talent; Many Lou Playing her blend of alt country, Southern rock, folk and blues; Greg MacMaster showcasing his solo acoustic guitar and fiddle skills; presenting their Celtic folk band. Meanwhile, the Summerfest Committee will be putting on a total of nine acts featuring the Festill Mill Music Academy and A.M.P. Fest, showcasing Pelham's talented musical youth; interactive fun with on-stage zumba; The British Invasion featuring a nostalgic tribute to the music of 1960's British bands; The Sabahawks, one of North America's signature Jimmy Buffet tribute acts. The Matinee show will be a mix of local acts that richly reflect the history and larger than life voices. Flashback Rock, playing classic rock and hot, new country tunes; The Gormans, Festill's own rock and folk rock cover band; and Headliner, Steelet Acier, featuring a range of music from classic rock to Top-40 hits.

Summerfest wraps up on Sunday (July 21st), with performances by two amazing blues bands. Gatoboy and legendary blues performer Steve Burnside with The Memphis, will entertain visitors during the Pancake Breakfast and throughout the summerfest.

A complete list of all entertainment, including the generous sponsors who make these events happen, is available on the website, [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca).

## Come Chill on the Hill



July 18, 19, 20 & 21st



Pelham Summerfest 2013 Gold Sponsor, Lafarge present a cheque to Bea Clark for the Active Zone. The Active Zone is supportive of family fun and safety education. Pictured left to right, the gentlemen are: Vince Forbes, Chris Galway and Tim Burton.

## 'ON THE GO' WITH SUMMERFEST'S ACTIVE ZONE

by the Summerfest Committee

Thanks in large part to gold sponsor, Lafarge, and hosted by the Pelham Active Transportation Committee (PATC), this year's Active Zone at Summerfest has a slew of cool activities lined up. The Active Zone events will take place on Saturday July 20th and Sunday July 21st as part of the four-day festival. On Saturday July 20th, in conjunction with the all-day street party, the Active Zone will be featuring ongoing events running from 10:00 a.m. to 6:00 p.m. in Peace Park and on Pelham Street in downtown Fonthill.

the kiosk is also the registration site for the Family Fun Walk on Sunday July 21st.

Also on Pelham Street, from noon until 4:00 p.m., the Active Zone will be featuring Nordic Walking Demos (and a chance to win a set of poles), fitness demos including Tai Chi, and the Zumba Challenge (noon) on the Main Stage. Throughout the day (10:00 a.m. to 6:00 p.m.), Pelham Street will be the site for ongoing activities such as road hockey games, mini-

golf, skipping & hula-hooping (prizes to be won!), and street chalk-drawing. The Marlene Stewart-Streit municipal pool will be host to a swim meet on Saturday July 20th. The meet starts at 10:00 a.m. and ends at noon. The public is invited out to cheer on the participants.

On Sunday July 21st, silver sponsor, Lucchetta Homes, will be generously supporting a Family Fun Walk. This leisurely stroll starts at 10:00 a.m. and will loop through downtown Fonthill along Station Street, the Steve Bauer Trail, Stella Street and Pelham Street, with a big finish at the Summerfest Main Stage. Registration for the walk will run from 10:00 a.m.

to 6:00 p.m. on Saturday July 20th at the Active Zone kiosk and will also be available on Sunday July 21st in Peace Park (9:30 a.m.). The first 50 participants to register will receive free 1-hrs. Enjoy the fun and beauty of Pelham's streets and trails while being active and spending some quality family-time together.

Summerfest is now 2 weeks away! Visit our website [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca) for the most up-to-date events and activities, including the newly released entertainment lineup or join us on our Facebook event page and invite all your friends and family to come "Climb on the Hill" with you.

Visit [PelhamSummerfest.ca](http://PelhamSummerfest.ca)



**Pelham Summerfest 2013 Gold Sponsor Meridian Credit Union supports the bouncers at the Kids Zone. Pictured is John Wink, Branch Manager of Meridian Credit Union in Fonthill presenting Bea Clark a cheque for \$2,000.**

## **SUMMERFEST KIDS ZONE ROCKS**

by the Summerfest Committee

Once again, during Pelham Summerfest's all-day street party, Peace Park and its surrounding area will transform into a bustling hub of activity for the little ones. Beginning at 10 am and continuing until 6 pm on Saturday July 20th, this section of downtown Fortwill be abuzz with non-stop children's activities and entertainment; all free, thanks to generous donations from Meridian Credit Union, Niagara Inflatables, Pharmasave and McAvoy, Belan & Campbell Insurance & Financial Brokerage Services Ltd.

This year the Kids Zone Play Area, sponsored by the Meridian Credit Union, Niagara Inflatables and Pharsmave, will feature a series of exciting bouncers; these include the wet paddle pool lagoon, the fun giant slide, the challenging obstacle course, a giant combination inflatable for the brave and a pint-size bouncer for toddlers. Look for Cancarate artist Caroline Holroyd, "Touch-a-Truck" sponsored by Lafarge, "The Burning House Water Game" with Pelham Fire Station 3 and various buskers, including jugglers, stilt walkers and street-magicians.

The Peace Park Bandshell will play host to several interesting and diverse types of entertainment throughout the day, sponsored by McAvoy, Belan & Campbell Insurance. Starting off the fun will

is Zumbatonic® with Debbie Giguere, a high-energy fitness party filled with special routines, choreographed to the latest music. It's a great way for kids to get fit while having a blast! Mark H. Johnson, the "King of Kite Flying," will amaze and entertain with his own unique brand of tricks, flight of hand and balloon sculpting. The London Reptile Kingdom will be presenting a live interactive and educational show featuring amazing creatures from around the world, like snakes, lizards, turtles, tarantulas and scorpions. This is an unforgettable event that allows children to have a hands-on experience with some pretty cool reptiles. Castlemont Theatre will spin a magical tale to capture the imagination of younger ones. This nest puppetry workshop and play allows the children to make their own puppet, perform in the show and take their creation home with them.

There will be plenty of entertainment and activities to keep the little ones busy the entire day, so make sure everyone is kept 'sun-safe'. Remember that the Sun Hut offering sunscreen and a water bottle refill station all sponsored by the Niagara Region, will be at a separate locations accessible to all throughout the day. For more information on the activities in the Kids Zone, look for the balloon icon on [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca).

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## ■ ROTARY YOUTH EXCHANGE



SARAH FERGUSON Staff Photo

Marisol Marin shows her Rotary jacket. The youth exchange student from Mexico collects pins from fellow exchange students she meets on her travels.

## Adios, amigos, visiting teen says

SARAH FERGUSON  
PelhamNews Staff

WELLAND — When Marisol Marin returns home next month, it will be difficult to say goodbye to the friends she has made in Canada.

The 17-year-old from Puebla City, Mexico, has spent almost a year living in Welland and attending Centennial Secondary School via Rotary's youth exchange program.

Through the program, youths 15 to 19 can apply to visit any country that has a participating Rotary club. Applications for the program are usually accepted in September and October. Students live with two to three host families during the course of their visit and stay with one host family anywhere from two to three months at a time.

When Marin arrived at her host home in Welland, she was homesick and could barely speak the language.

■ BONOKOSKI

"I thought no more Mom and dad, no more Mexican food, no more driving and no more hanging out with my best friends," she told a Rotarians before the Welland club's final meeting before summer break.

But with a little patience from her host family and a little time to adjust to a different culture, Marin began to enjoy her new surroundings.

"Ten months later, I can say this is the best experience of my life," she said.

With tears in her eyes, Marin recalled the things she'll miss most about living in Canada, things like ice skating, watching the leaves fall from the trees in autumn, and speaking her second language every day.

Ray Tiss, local chairman for the youth exchange program, said Rotary clubs work together and each sends a student somewhere each year. In August, Rotary Club of Welland is sending 15-year-old Fonthill resident Gracie Lowes to Japan.

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## Public paid big for sick time

FROM PAGE 4

Well, before he made his exit, former parliamentary budget officer Kevin Page released a report showing Canadian taxpayers paid an average of \$114,100 in compensation for each full-time federal employee.

Teachers? In Ontario at least, teachers with 10 years of classroom experience

earned a taxpayer-funded average of \$85,500 a year.

As for the embattled taxpayers themselves?

Well, according to Statistics Canada, the average salary last year of the working Canadians paying all that freight was roughly \$47,200.

A summer at the cottage once school is out? It would not be tactful to ask.

■ **JUSTICE:** Where to turn when struggling with divorce, child custody, payment battles

## Family law service centre opens in Welland

VICTORIA GRAY  
Tribune Staff

WELLAND — Struggling families may now have to muddle their way alone through the legal system anymore.

Legal Aid Ontario held its grand opening for the Welland Family Law Service Centre on Cross St. across from the Welland courthouse.

Local lawyers, judges, social workers and representatives from local shelters were invited to the open-

house celebration to see the new facility and enjoy a bite to eat.

Legal Aid Ontario spokesperson Emily Baillie said the centre provides enhanced law services for low-income people in the region struggling through divorce, separation, child custody, visitation and support payment battles.

"This will allow us to provide a more complete range of services," she said.

This is the seventh centre legal aid has opened in the

province. Baillie said the one-stop-shop model has worked well.

In order to use the centre, people will have to consult the Family Law Information Centre in the courthouse. The centre is open on Mondays from 9 a.m. to 4 p.m., Wednesdays 1 p.m. to 4 p.m., or Fridays 1 p.m. to 4 p.m.

Elisabeth Cassavoy, a lawyer and manager of the centre, said there are fewer legal aid certificates to go around and more and more people are trying to navigate

their way through the system without representation.

"It's a tricky system and some people may need more than 20 minutes with the duty counsel right before their case is heard — and we're here to do that," she said.

Lawyer Tracy Pybus said the office operates like a private office and gives clients help to fill out paperwork and prepare documents and gives representation advice, but does not act on their behalf in court.



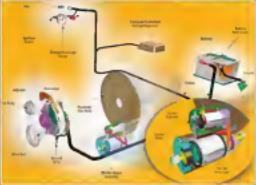
VICTORIA GRAY Staff Photo

Welland Family Law Service Centre manager and lawyer Elisabeth Cassavoy, left, and lawyer Tracy Pybus are celebrating the grand opening on the centre.



# SHIFT INTO SUMMER





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## AROUND TOWN

### FRIDAY JULY 5

#### JFK AT 50

What We Know Now, takes place at the Fonthill library at 7:30; cost \$5, register ahead. On Nov. 22, 1963, John F. Kennedy was pronounced dead at Parkland Hospital. Fifty years later, there are still burning questions about what really happened. Researcher Randy Owen will speak about information that has come to light over the past 50 years. Owen has been researching the assassination since he

was 11 and is a member of the annual JFK Lancer conference in Dallas. He has interviewed numerous high-profile people connected with the assassination.

### SUNDAY JULY 7

#### BIG CAR TRUNK SALE

Rent your space at Pelham Public Library for \$20 per car and sell your own stuff from 9 a.m. to 1 p.m. Bring a table and register ahead. Register at the library in person for a space. A fundraiser of The Friends of the Pelham Public Library.

### WEDNESDAY JULY 10

**SEARCHING A FAMILY TREE**  
Steve Fulton from the Niagara chapter of Ontario Genealogical Society will be at Pelham Public Library at 6:30 p.m. to provide tips for searching your family tree using online, local and archival resources. Cost \$3, register ahead.

### SATURDAY JULY 13

**MEDITATION MORNING**  
Marcia leads you through different types of meditation for stress relief and

focus, at Pelham Public Library at 10 a.m. to 11:30 a.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Register ahead. \$3.

### WEDNESDAY JULY 17

#### THE 3 ARRRS

Make a pirate costume out of recycled materials at home and then join Niagara Region public works staff as they present an interactive pirate-themed show all about recycling, at Pelham Public Library. The presenta-

tation will involve games and skill-building activities. Starts 1 p.m., cost \$2.

### THURSDAY JULY 18

#### SUMMERFEST OPENER

Thursday, July 18 - 4 p.m. to 10 p.m. The summer event kicks off with a concert at the Bandshell. Also open is the farmers market, Art in the Park and the Summerfest Beer and Wine Garden. 4 p.m. to 10 p.m.

### FRIDAY JULY 19

#### PELHAM NIGHT OF ART

Create a Wall of Community Art as part of Summerfest. Teen movie night under Pelham Arches, live music and Summerfest Beer and Wine Garden. 4 p.m. to 11 p.m.

### THURSDAY AUGUST 1

**BABYSITTING COURSE**  
offered by St. John Ambulance, 9 a.m. to 3:30 p.m. at Port Colborne library. Sign-up deadline is July 25. For ages 10 to 14. Cost is \$30. Proof of birth date required upon registration.



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# SUMMER



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## Embarrassed? Frustrated? Confused? If You Suffer From Bladder Issues, You Are Far From Alone!

Whether you have a medical issue, are pregnant, overweight, overactive or just getting older, an overactive bladder—otherwise referred to as incontinence—is a problem no matter how you roll the dice. The fact remains, if you are one of the millions suffering from this frustrating condition, you are not alone. In fact, some estimates indicate that as many as 3.3 million Canadians—approximately 10% of the population—are experiencing some form of incontinence. However recent studies indicate that these numbers are much higher—particularly in older individuals. Our medical community doesn't seem to have any real answers when it comes to this issue either! This may be one of the main reasons the prestigious World Health Organization calls incontinence "one of the last medical taboos". One of the main reasons both sexes experience urinary problems is due to a weakening of the pelvic floor muscles and/or a weakening of the bladder sphincter (the muscle that controls urine flow). This is believed to be caused by hormonal changes, primarily the loss of testosterone, which is needed to keep these muscles from shrinking or growing weak. Even though weak bladder control affects both genders, more women tend to suffer from it than men.

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Pumpkin seeds have a long history of use in helping to alleviate various bladder condition. Even though many people have noticed some bladder-related relief by using pumpkin seed oil, according to new research, it is the water-soluble portion of pumpkin seed that is much more effective.

Research shows that water-soluble pumpkin seed extract is able to strengthen the pelvic floor muscles of the bladder by:

- Allowing more testosterone to become available to the pelvic muscles
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- Helping to allow the bladder to relax (by increasing nitric oxide)

### Why Ultimate Bladder Control?

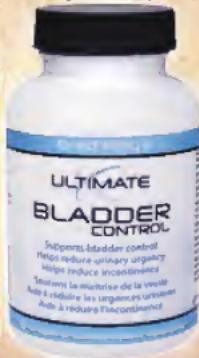
Ultimate Bladder Control contains a 100% natural form of a patented water-soluble pumpkin seed. This one-of-a-kind ingredient was researched by Japanese scientists and found to be far superior to the conventional oil-soluble pumpkin seed available in the majority of products. Aside from its superior absorption ability, the water-soluble pumpkin seed used in Ultimate Bladder Control has been shown to be highly effective in alleviating the majority of urinary discomforts experienced by both genders and all ages.

### Did you know...

50 percent of the adult population (over age 60) experiences a frequency in nighttime urination leading to disturbed sleep patterns

48% of women and 17% in men over the age of 70 suffer urinary incontinence

1 in 5 Canadian women and 1 in 7 men over the age of 35 suffer from overactive bladder problems



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